Reflective Reading

Books Focusing on Inspiration, Self-Improvement, Social/Emotional Growth 11.25

7 Habits of Highly Effective People by Stephen Covey

Atomic Habits by James Clear

Be 1% Better by Ron Clark

Becoming by Michelle O'Bama

Being Mortal: Medicine and What Matters in the End by Atul Gawande

The Best Minds by Jonathan Rosen

Between the World and Me by Ta-Nehisi Coates

The Body: A Guide for Occupants by Bill Bryson

The Body Keeps the Score: Brain, Mind and Body in the

The Color of Everything: A Journey to Quiet the Chaos Within by Cory Richards

The Comfort of Crows: A Backyard Year by Margaret Renkl

Don't Believe Everything You Think, Expanded Edition: Why Your Thinking is the Beginning and End of Suffering by Joseph Nguyen

Healing of Trauma by Bessel van der Kolk

The Deepest Well: Healing the Long-Term Effects of Childhood Adversity by Nadine Burke Harris

The Disengaged Teen: Helping Kids Learn Better, Feel Better, and Live Better by Jenny Anderson

Drive: The Surprising Truth About What Motivates Us by Daniel H. Pink

Educated: A Memoir - Tara Westover

Endure: Mind, Body, and the Curiously Elastic Limits of Human Performance by Alex Hutchinson

Design for Belonging: How to Build Inclusion and Collaboration in Your Communities by Susie Wise

Essential Wooden : A Lifetime of Lessons on Leaders and Leadership - John Wooden & Steve Jamison

Four Thousand Weeks: Time Management for Mortals by Oliver Burkeman

The Glass Castle: A Memoir by Jeanette Wall

Good Energy by Casey Means, MD

Grit: The Power of Passion and Perseverance by Angela Duckworth

The Happiness Project by Gretchen Rubin

Healthy Teachers, Happy Classrooms by Marcia L. Tate

House of Glass by Hadley Freeman

How to Know a Person: The Art of Seeing Others Deeply and Being Deeply Seen by David Brooks

How to Love Teaching Again by Jamie Sears

I am Malala by Malala Yousafzai, Christina Lamb

***I* Shouldn't Feel This Way** by Alison Cook, PhD

I'm Still Here: **Black Dignity in a World Made for Whiteness** by Austin Channing Brown

The Let Them Theory: A Life-Changing Tool That Millions of People Can't Stop Talking About by Mel Robbins

Let Your Mind Run: A Memoir of Thinking My Way to Victory by Deena Ka3stor and Michelle Hamilton

The Light We Carry by Michelle Obama

The Limitless Mind: Learn, Lead, and Live Without Barriers by Jo Boaler

Maybe You Should Talk to Someone by Lori Gotleib

Mindful Self-Compassion for Burnout by Kristin Neff, PhD, and Christopher Germer, PhD, 2024

Mindfulness for Teachers by Patricia Jennings

Mindset by Carol S. Dweck

The Newcomers: Finding Refuge, Friendship, and Hope in America by Helen Thorpe

Next Day: Transitions, Change and Moving Forward by Melinda French Gates

Onward: Cultivating Emotional Resilience in Educators by Elena Aguilar,

Outliers, The by Malcolm Gladwell

Practicing Presence: Simple Self-Care Strategies for Teachers by Lisa J. Lucas

The Serviceberry: Abundance and Reciprocity in the Natural World by Robin Wall Kimmerer

The Small and the Mighty by Sharon McMahon

Stop Overthinking by Nick Trenton

The Teachers: A Year Inside America's Most Vulnerable, Important Profession by Alexandra Robbins

Unbroken by Laura Hilldebrand

We Can Do Hard Things: Answers to Life's 20 Questions by Glennon Doyle, Abby Wambach, and Amanda Doyle

What Happened to You? by Oprah Winfrey and Bruce Perry

White Fragility: Why It's so Hard for White People To Talk About Racism by Robin DiAngelo

Wild: From Lost to Found on the Pacific Crest Trail by Cheryl Strayed

The Wild Card: 7 Steps to an Educator's Creative Breakthrough by Wade King and Hope King

The Worlds I See: Curiosity, Exploration, and Discovery at the Dawn of AI by Fei-Fei Li